



Behavioral Health Integration

A Conversation with Primary Care

Gina R. Westcott
SW Hub Administrator, Division of Behavioral Health
Idaho Department of Health and Welfare

What is Integration?

- ▶ Combines medical and behavioral health services



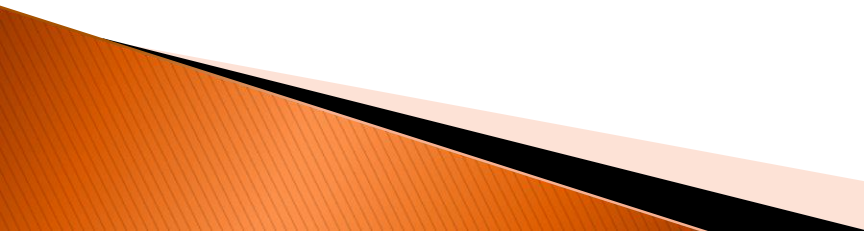
- ▶ Addresses the full spectrum of health concerns patients bring to primary medical care

What is NOT Integration?

- ▶ It is NOT a replacement for specialty mental health
 - Close collaboration with specialty mental health is critical for SPMI patients



What do we want to know?

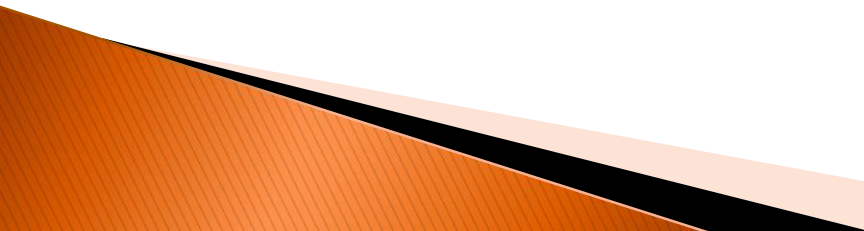
- ▶ Level of Integration
 - ▶ Referral Practices and Tracking
 - ▶ Communication Practices
 - Internal/External
 - ▶ Agreements with Specialty Services Providers
 - ▶ Screening Tools/Frequency of Use
- 

What do we want to know?

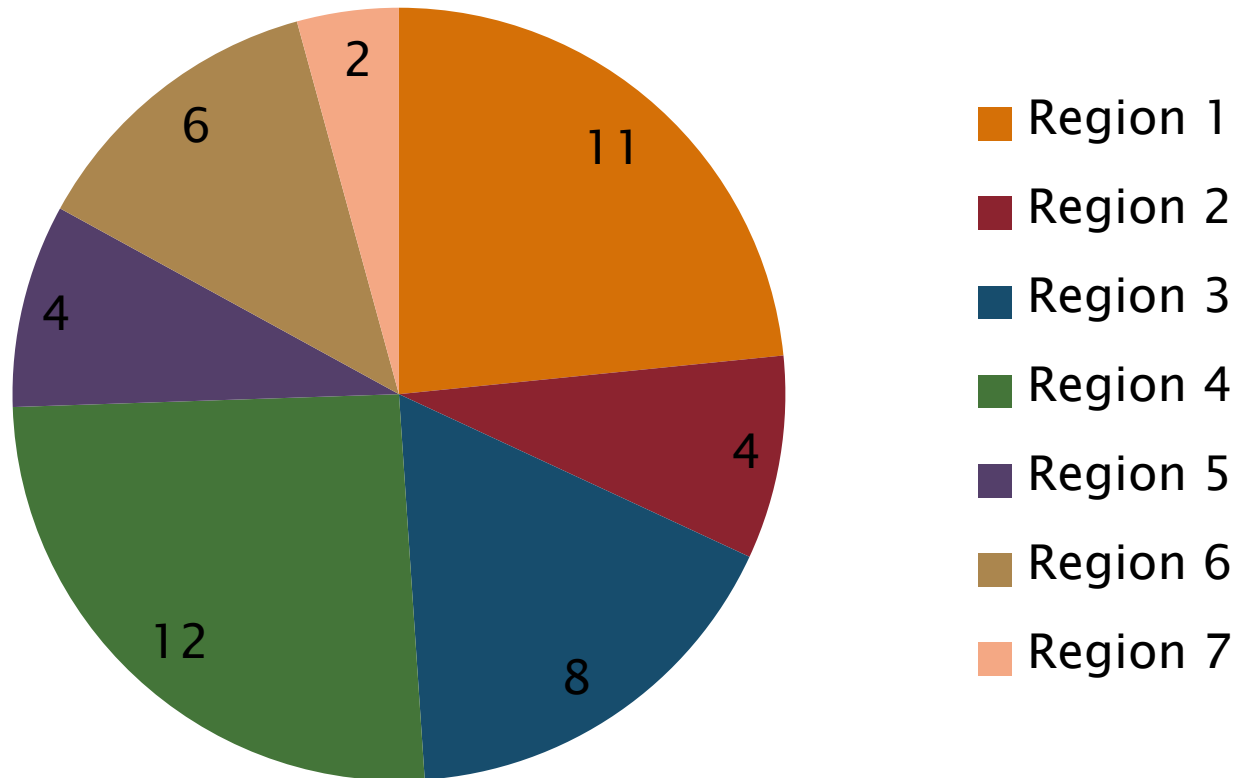
- ▶ Information Sharing
 - Internal/External
- ▶ Treatment Planning Processes
- ▶ Follow-up Practices
- ▶ Behavioral Health Training



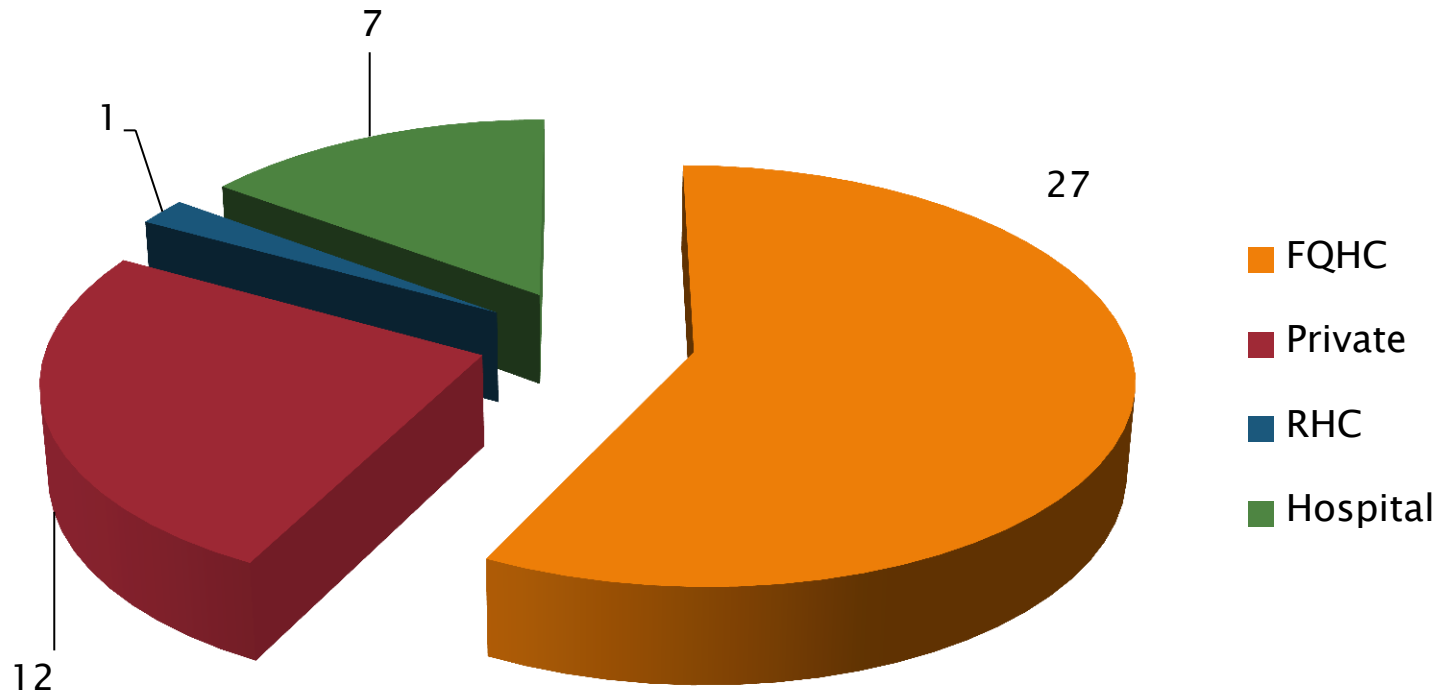
Methodology for Survey

- ▶ Onsite meetings encompassing 47 Health Home sites
 - ▶ Integrated Practice Assessment Tool©
 - ▶ Interview/Conversation focused on
 - Level of Integration
 - Communications and Relationships
 - Agreements and Business Practices
 - Screening Tools and Evidence-based Practices
 - Patient Information Exchange with Providers
 - Training
- 

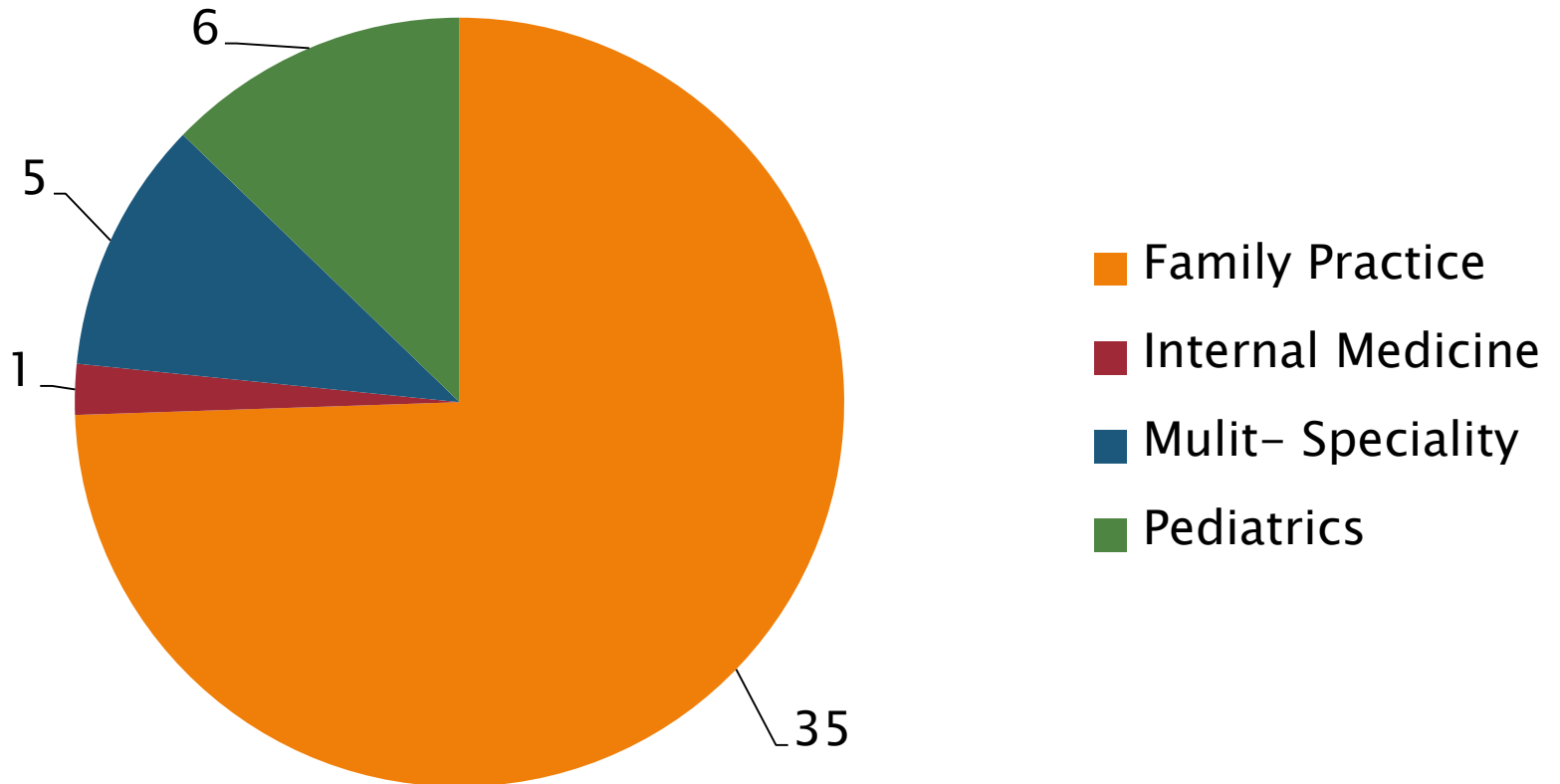
Idaho Medicaid Health Homes-47



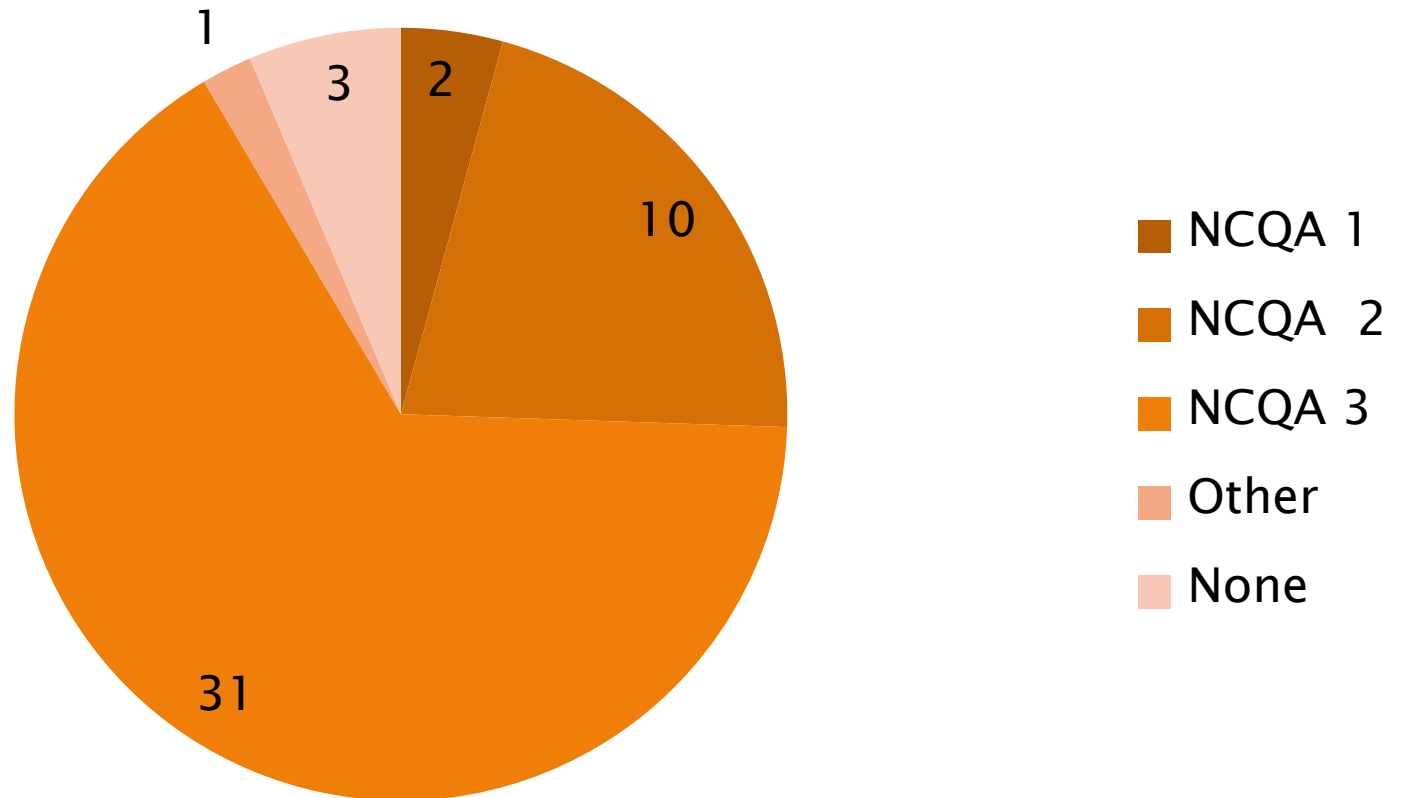
Clinic Type




Clinic Specialty




PCMH Certification



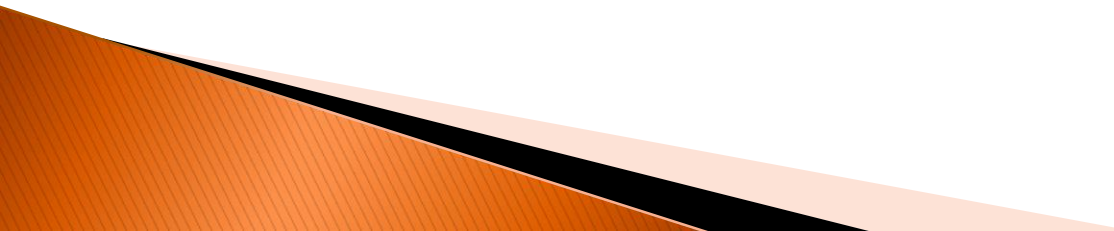
Integrated Practice Assessment Tool – IPAT©

- ▶ SAMHSA Framework – Levels of Integrated Healthcare
 - ▶ Descriptive, qualitative instrument
 - ▶ Categorizes practices along continuum
 - ▶ Focused on qualitative change
 - ▶ User friendly, quick to administer, applicable for both medical and behavioral health settings
 - ▶ “Conversation starter” for integration
- 

Continuum of Physical Care and Behavioral Health Care

- ▶ Level 1: Minimal collaboration/coordination
 - ▶ Level 2: Basic collaboration off-site
 - ▶ Level 3: Co-located with basic collaboration on-site
 - ▶ Level 4: Co-located with close collaboration onsite with some system integration
 - ▶ Level 5: Close collaboration with several aspects of integrated practice
 - ▶ Level 6: Full collaboration in a merged integrated practice for all patients
- 

Collaborative/Coordinated

- ▶ Streamlined referral process
 - Communication
 - Exchange of records and key information
 - Direct messaging
 - Informed plans of care
 - Provider to provider consultations
 - Defined responsibilities
- 

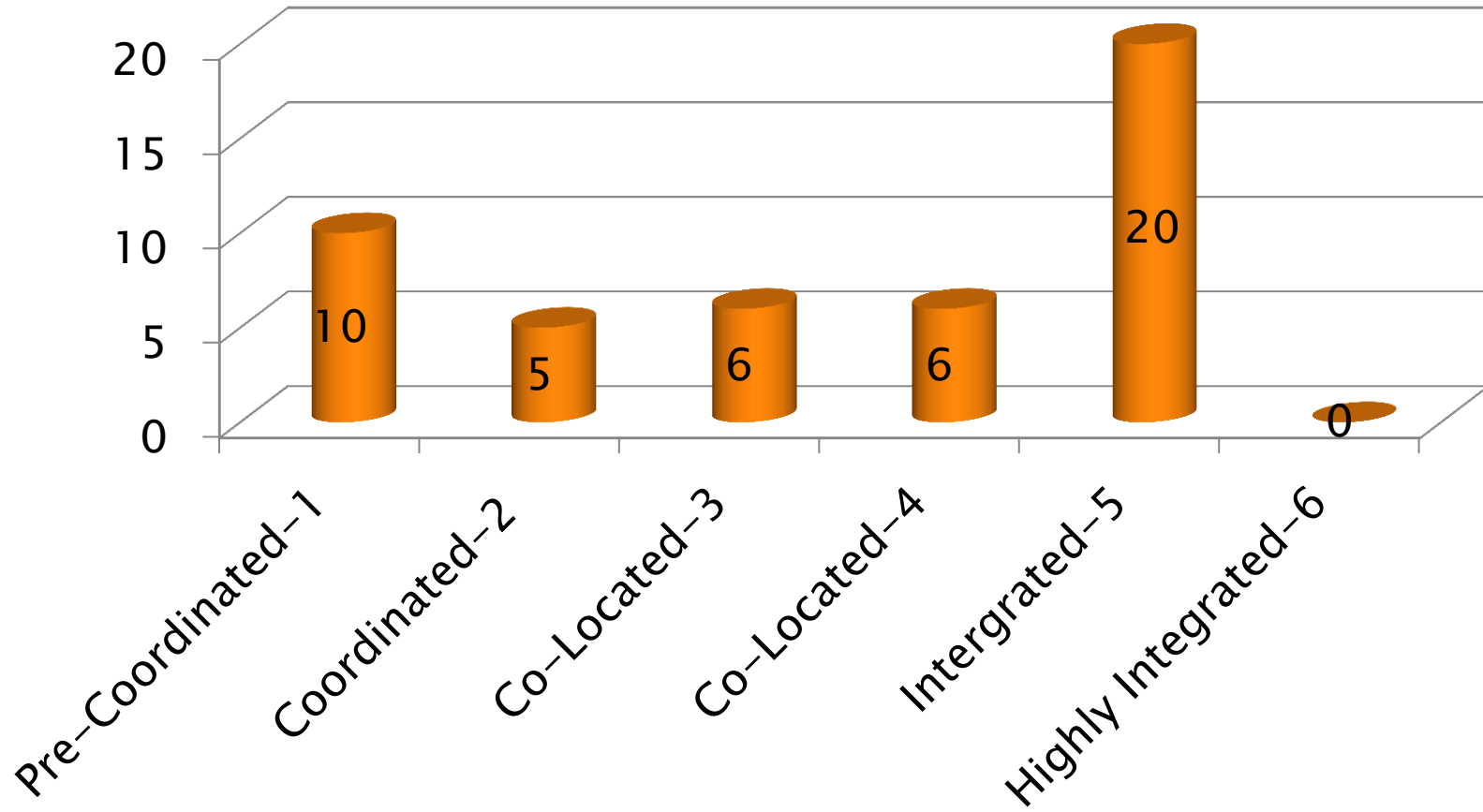
Co-Located

- ▶ Increased Access
 - Shared Space and Scheduling
 - Increased Screening
 - Separate Appointments
 - Traditional Clinical Services

Integrated

- ▶ Joint patient appointments
 - Change in clinical services
 - Shared medical records
 - Jointly developed care plans

IPAT©




Who is Providing Services

- ▶ LCSW
 - ▶ LMSW
 - ▶ LSW
 - ▶ LCPC
 - ▶ CADDC
 - ▶ Psychologists
- 

Where is Idaho Now?

▶ Primary Care Physicians

- Routinely treat mental health
 - Routinely refer out chemical dependency (SUDS)
- ## ▶ High PCMH certification (94%)
- ## ▶ CHC/RHC=higher integration due to enhanced funding
- ## ▶ Integration did not always correlate to collaborative
- ## ▶ Sharing records and referral information is often one way communication
- 

Where is Idaho Now?



- ▶ MOA's – low frequency
- ▶ Screening tools are used
 - Not consistently or routinely for all patients
- ▶ BH registries – low frequency or strategic use of information
- ▶ Frequent rate of tracking client connections to BH providers in EHR
- ▶ Infrequently receive treatment updates

Where is Idaho Now?

Among PCMH Certified Centers

► High

- Rates of referral
- Established/staffed tracking processes
- Access to BH care continuum
- Follow up for BH clients' missed appointments



Where is Idaho Now?



- ▶ Low
 - Utilization of Tele-Health for BH
 - Frequency of BH training for medical staff
 - Certainty of patients' understanding of a health home or assigned medical team

Opportunities for Enhancement

► Technical Assistance

- Mission Statements
- Business Planning
- Organization Assessment Tools
- Policies and Procedures
- Culture Shift



Opportunities for Enhancement

► Technical Assistance (cont'd)

- Recruitment and Training
- Screening Tools
- MOU's and Agreements
- Collaboration with Relevant Community Partners
- Collaboration with other BH Peers



Recommendations

- ▶ Promote Universal Screening
- ▶ Provide Training
 - Topics: SBIRT, Motivational Interviewing, Mental Health First Aid
- ▶ Promote BH Registries / Review of Outcomes
- ▶ Expand of Use of Tele-Health



Short Range (year one)

- ▶ Assess First Year Cohort
- ▶ Promote Universal PHQ-2 and PHQ-9 Use
- ▶ Provide SBIRT Training
- ▶ Provide Mental Health First Aid Training

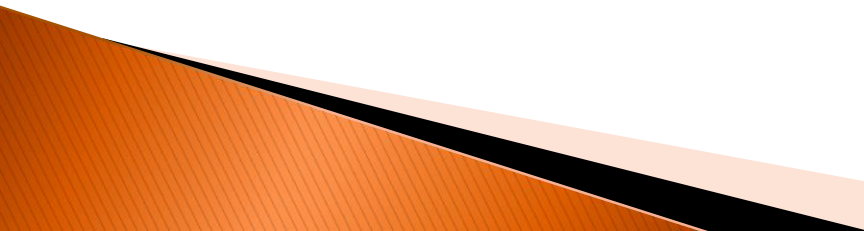


Short Range (year one)

- ▶ Increase Access to BH Integration Training
- ▶ Support a Network of Behavioral Health Providers in Primary Care
- ▶ Provide Readiness Assessment TA



Mid-Range (year two)

- ▶ Establish MOAs/MOUs with Health Partners
 - ▶ Promote Partnerships between PC and BH Providers
 - ▶ Build a Technical Support Network (between existing providers)
- 

Long-Range (years 2&3)

- ▶ Find alternative funding options for co-located and integrated models



- ▶ Promote reverse integration

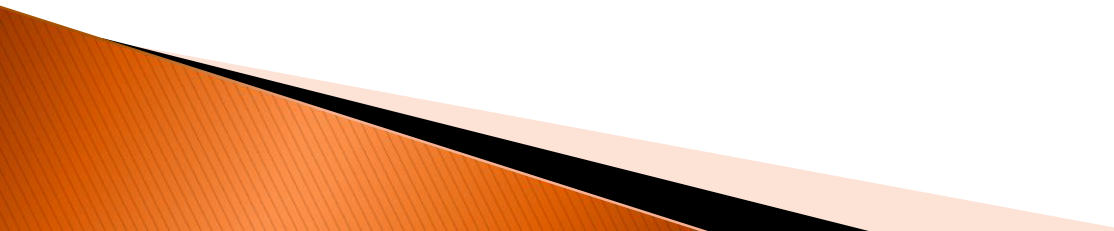


Methods of Achieving Goals

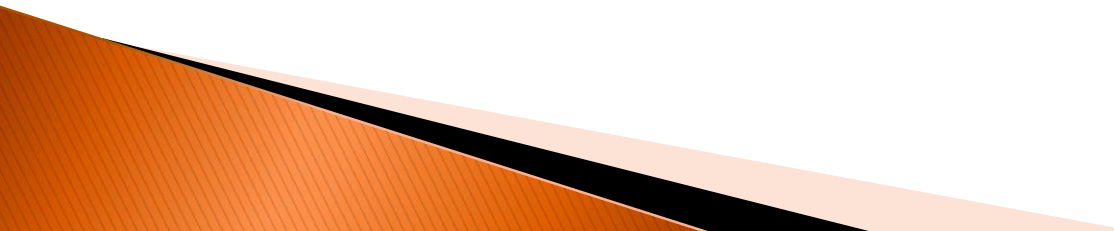
- ▶ PCMH Contractors
- ▶ Peer to Peer
- ▶ BH Integration Sub-Committee
- ▶ Other Funders–SAMHSA, HRSA, Foundations
- ▶ Division of Behavioral Health



Other Supports and Partners

- ▶ Internet Tool-Kits
 - ▶ Regional Health Collaboratives
 - ▶ Regional Behavioral Health Boards
 - ▶ Idaho Federation of Families
 - ▶ NAMI
 - ▶ Recover Support Centers
- 

IHC Recommendations

- ▶ What concrete recommendations do we need to make that is within the purview of the IHC?
 - ▶ What are the top 3–5 priorities?
 - ▶ Who will carryout the recommendations?
 - ▶ Who can we look to for assistance within the existing contract structures?
 - ▶ What timeframe do we want to use for the recommendation?
- 

Questions

